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## Soft Serve Frozen Yogurt

Soft Serve Frozen Yogurt is a delicious and refreshing treat that is perfect for hot summer days. It is made with nonfat yogurt and sweetened with Nutrasweet for a guilt-free indulgence. This recipe is not only easy to make but also a healthier alternative to traditional ice cream.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Nonfat Yogurt
4 tsp	nutrasweet
2 tsp	vanilla extract

# Directions

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## Step 1

Blender

In a blender, combine nonfat yogurt, Nutrasweet, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Ice cream machine

Pour the mixture into a soft serve ice cream machine and churn according to the manufacturer's instructions.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Serve immediately or transfer to a freezer-safe container and freeze for later use.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 0 g

**Protein:** 6 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	25 mg	2.5%	2.5%
Iron	0 mg	0%	0%
Potassium	250 mg	7.35%	9.62%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Snack

Brunch

Lunch

Dinner

Supper

### Difficulty Level

Easy

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